



**Blue Cross BlueShield  
of Nebraska**

A Not-For-Profit Mutual Insurance Company and an Independent Licensee of the  
Blue Cross and Blue Shield Association.

# Preventive Health Guidelines

## *Prenatal*

These recommendations will help you achieve a healthy lifestyle and are intended as an educational reference. They do not replace the clinical judgment of your healthcare provider.

Trimester	1 <sup>st</sup>		2 <sup>nd</sup>		3 <sup>rd</sup>	
Weeks of gestation	1-14		15-28		29-36	37-40+
Frequency of office visits	every 4 wk.				every 2 wk.	weekly
<b>Screening indicators:</b>						
Physical exam	first visit					
History/Risk Assessment	first visit					
Height	first visit					
Weight			every visit			
Blood Pressure			every visit			
Fundal height			every visit			
Pelvic exam	first visit				once	
Pap smear (within last 6 months)	first visit					
Fetal heart tones			every visit after 12 weeks			
Fetal movement			every visit after 20 weeks			
<b>Lab tests:</b>						
Hgb/Hct	first visit				26-36 wk.	
Hepatitis B surface antigen (HBsAg)	first visit					
Rubella titer (or vaccine hx.)	first visit					
Syphilis screen	first visit					
Blood and D (Rh) typing	first visit					
HIV screen (offer to patient)	first visit					
UA for bacteriuria	first visit	12-16 wks				
Chlamydia screening	first visit					
Group B Streptococcal					once	
Urine dip-stix for glucose & protein			every visit			
Gestational diabetes screen			24-28 wk.			
Influenza Immunization			during flu season			
<b>EDUCATION &amp; INJURY PREVENTION,</b> document education on the following:	1 <sup>st</sup> Trimester		2 <sup>nd</sup> Trimester		3 <sup>rd</sup> Trimester	
Danger signals/ when to call the doctor	once					
Nutrition/ weight gain	once					
Activity/ work/ exercise	once					
Sexual activity	once					
Dangers of smoking (active and passive smoking)	once					
Medications (prescription & non prescription)	once					
Substance abuse (alcohol, illicit drugs, caffeine)	once					
Childbirth education resources	once		once		once	
Domestic violence & safety			once			
Travel after 32 weeks					once	
Pregnancy induced hypertension					once	
Preterm Labor					once	
Delivery Options					once	
Analgesics/ anesthetics options					once	
Breastfeeding option highly recommended					once	
Return to Work					once	

Vaccinations, screenings and counseling recommendations may not be covered benefits under all Blue Cross and Blue Shield Nebraska plans. Please consult your benefits materials.

- When the patient is not seen until the 2<sup>nd</sup> or 3<sup>rd</sup> trimester, all recommended screenings and immunizations should be completed at the 1<sup>st</sup> visit. Education should begin at the 1<sup>st</sup> visit and completed as soon as possible.
- Women with active medical or obstetric problems should be seen more frequently.
- High-risk mothers and fetuses should be referred to a specialist; check pre-authorization requirements.

Preventive Health Guidelines were updated and approved by Blue Cross and Blue Shield of Nebraska's Quality Improvement Committee.  
Last Updated March 2006



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### IMMUNIZATIONS

### UNLESS CONTRAINDICATED

CONNECT TO CDC: [www.cdc.gov/nip/recs/adult-schedule.htm](http://www.cdc.gov/nip/recs/adult-schedule.htm)

**Please see Recommended Adult Immunization Schedule, by Vaccine and Medical and Other Indications for Immunizations specific to Pregnancy**

### ADDITIONAL RECOMMENDED GUIDELINES FOR HIGH RISK POPULATIONS

POPULATION	RECOMMENDED GUIDELINES
High-risk sexual behavior	First visit: screen for chlamydia &/or gonorrhea, &/or HIV.
Injection drug use	HIV screen; repeat HBsAg in third trimester; counseling to reduce infection risk, TB (or PPD) skin testing.
Unsensitized Rh (D) negative women	Repeat Rh (D) test at 24 - 28 weeks
High risk factors for Down syndrome	Offer alpha-fetoprotein screen at 16-18 wk., &/or amniocentesis at 15 -18 wk.
Previous pregnancy with neural tube defect	Folic acid 4.0 mg daily through the first trimester; offer amniocentesis at 15-18 wk., &/or alpha-fetoprotein at 16-18 wk.
High risk factors for: Cystic fibrosis, Sickle-cell trait, Thalassemia, Tay-Sachs disease	Screening and counseling at first visit.
Blood product recipients 1978 - 1985	HIV screen first visit
Exposure to Hepatitis B during pregnancy	Repeat HBsAg testing in 3 <sup>rd</sup> trimester, and offer vaccination during pregnancy
Exposure to persons with TB	TB (or PPD) skin testing
Exposure to HIV infected persons	TB (or PPD) skin testing
Medically at risk for developing TB, i.e, diabetes mellitus, prolonged high-dose corticosteroid therapy or other immunosuppressive therapy, medically underserved, alcohol addiction.	TB (or PPD) skin testing
History of depression or post-partum depression	Screen for depression and educate patient regarding symptoms and treatment.

References: United States Preventive Services Task Force 2005 [www.ahrq.gov/clinic](http://www.ahrq.gov/clinic)

Department of Health and Human Services, Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)

National Partnership for Immunizations (NPI) [www.cdc.gov/nip/recs/adult-schedule.htm](http://www.cdc.gov/nip/recs/adult-schedule.htm)  
[www.cdc.gov/nip/recs/child-schedule.htm](http://www.cdc.gov/nip/recs/child-schedule.htm)

Advisory Committee on Immunization Practices (ACIP) [www.cdc.gov/nip/ACIP/default.htm](http://www.cdc.gov/nip/ACIP/default.htm)

American Academy of Family Physicians (AAFP) [www.aafp.org](http://www.aafp.org)

American Academy of Pediatrics (AAP) [www.aap.org](http://www.aap.org)

National Partnership for Immunization [www.partnersforimmunization.org](http://www.partnersforimmunization.org)

American Cancer Society [www.cancer.org](http://www.cancer.org)